4: Burgess E-4, 5 (1926-1927) 1928 AF12 North China AF12

These guildsmen make and sell leather goods of mule, horse or cow hide, or sheep skin. 441*

Mutton Shops — *Ching Shih Yang Shang Tung Yeh Kung Hui* (Metropolitan Sheep Commercial Like Occupation Public Association). 441* 253

Members of this organization are the mutton merchants having their shops in many places in Peking. In each shop it is customary for the merchant to kill the sheep and prepare the mutton himself.

Oil Stores—*Yu Yeh Kung Li Hui* (Oil Occupation Commonly Established Society). 441*

The sellers of vegetable oils including sesami, peanut, linseed, castor bean, and cottonseed oils. For the most part these productions come from the country district to the east of Peking where the oils are prepared.

Pork Shops — *Ching Shih Chu Shih Pin Tung Yeh Kung Hui* (Metropolitan Pork Foodstuffs Like Occupation Public Association).

These merchants have four distinct groups in their guild carrying on four subdivisions of the pork trade: (1) those who have to do with the slaughter houses situated in the East City of Peking; (2) the sellers of the usual pork food products; (3) sellers of lard; (4) sellers of pig bristles.

Restaurants—*Fan Chuang Shang Hui* (Restaurant Commercial Association). [265]

Guild members are the managers of Chinese-style and foreign-style restaurants.

Rice and Flour Stores—*Mi Mien Hang Hui* (Rice and Flour Guild Association). [256]

For the most part these merchants are engaged entirely in the sale of rice and flour. In some stores, however, they also do a certain amount of their own grinding.

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262 per cent of its entire food expenses.[1] While 9.1 per cent goes to vegetables and 6.7 per cent goes to condiments, the expenses on meat, fish and other animal foods are insignificantly low, viz. only 3.2 per cent. This striking fact no doubt supports the contention that the Chinese are essentially a vegetarian people, but it should be observed that it is more than likely that their low consumption of meat is entirely due to their slender income.

(2) In lieu of meat and dainties, pickles and pungent and odoriferous edibles are plentifully consumed as appetizers.

(3) The sparing use of fruits as food, a feature which may be considered as characteristic of the diet of the Peking people of humble means.

(4) The significant fact that milk and its products are entirely absent from the Chinese menu is well-known and hardly needs dwelling upon, though it should be pointed out that even previous to the advent of modern dairies, there have been in existence in Peking stores engaged in making curdled milk and its allied products, the favourite foods of Manchus and Mongols.

FOOD EXPENSES ANALYSED

261 265 Most people of the forty-eight families had their meals prepared and cooked at home, a few bought their meals from hawkers or food dealers and still a few others took their meals with relatives. As food was obtained from different sources, so its expenses varied. As has been previously remarked, the food purchased from dealers is invariably more expensive. Our analysis of food expenses showed that every meal prepared and cooked at home cost on the average $0.05, or $0.06 including expenses for fuel and water, per equivalent adult, while that prepared and sold by dealers would cost on the average $0.103 per equivalent adult; the cost of meals offered by relatives was found to be about the same as that cooked at home.

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[1] For the percentage of food expenses, see Table 16, p. 96.

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Table 15.—Analysis of Average Food Expenses per Family

Income group	Number of families	Average number of equivalent adults per family — Total	Taking meals at home	Buying meals from outside	Taking meals offered by relatives	Average amount of food expenses per family in six months — Total	Home-made meals	Ready-made meals	Meals offered by relatives
Under $ 70	3	2.60	2.44	.14	.02	$47.75	$41.37	$6.01	$0.37
$ 70 & under $110...	25	3.00	2.46	.46	.07	63.68	45.17	16.84	1.68
$110 & under $150...	14	4.10	3.29	.76	.04	87.02	56.87	29.29	.86
$150 & under $190...	3	4.50	3.21	1.21	.08	107.74	62.51	43.16	2.07
All incomes	48	3.39	2.75	.57	.06	72.25	49.43	21.44	1.38
		PER CENT.							
Under $ 70	6.3	100	94	5	1	100	87	13	1
$ 70 & under $110...	58.3	100	82	15	2	100	71	26	3
$110 & under $150...	29.2	100	80	19	1	100	65	34	1
$150 & under $190...	6.3	100	71	27	2	100	58	40	2
All incomes	100.0	100	81	17	2	100	68	30	2

One noteworthy feature may be observed from the foregoing table. It is the tendency that the higher the income, the more persons bought their meals from outside, and consequently more money was paid for meals prepared by vendors.

This upward tendency of the expenditure on the purchase of ready-made food in higher income groups is extremely interesting. Not only does it demonstrate the higher cost of food purchased from dealers, it further explains, in part at least, the abnormally high percentage of food among various items of expenditure. It will be found in Table 15 that the average expense for ready-made meals paid by each family amounted to 30 per cent of the average total food expenditure, while the same expense paid by the family in the highest income group rose to as much as 40 per cent. There is no doubt that the purchase of ready-made meals must have been an important factor in raising the food expense of the working families. Now, in order to reduce the food expense of the working family, the most obvious

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261 thing to do would be to prepare and take all the meals at home.
265 On examining into those who purchased their meals from dealers, however, it appears that this was entirely out of the question, because their working conditions, such as those of rickshamen, apprentices and shop-assistants would not allow them time to return home to take their meals. In fact, the comparatively higher income of certain persons sometimes necessitates them to spend more on ready-made food purchased from vendors.

A solution of this problem lies perhaps in opening food shops in the city where wholesome food may be procured at cost price.

DIETS OF A FEW PEOPLES COMPARED

262 A comparison between the diets of the peoples of different countries is generally an uncertain undertaking, as they usually have different food habits. Nevertheless, we venture to give here a few figures for food expenses from the Japanese and Indian studies with a view to showing the status of the food consumption of the Peking labourers. It seems that there are resemblances of an important character among the diets of the three peoples, the Chinese, the Japanese and the Indians. Firstly, all of them are essentially "vegetarian" in the sense that they eat meat very sparingly. Secondly, they all use rice or wheat or some other cereal as their principal food, the other articles, such as meat, fish, vegetables and condiments being consumed merely for the purpose of stimulating appetite. Of course, differences may also be found among the three diets. For instance, in contrast with the diet of our Peking families, the Japanese consume more fish and sea-food; though, in this respect, the Chinese along the sea-coast are like them. With many Indians, milk and occasionally butter form their favourite foods, whereas Chinese of the labouring class hardly touch them. These considerations, however, need not detain us here, since they do not affect the basic resemblance of the three diets which we have pointed out. As a matter of fact, a comparison of the diets should be preferably made in